

## Health and Wellness Center (HAWC)

(402) 294-5977

<http://www.facebook.com/offutthawc>

Services are offered for Active Duty, Active Duty Family Members, Retirees, Retiree Family members and DoD Civilians.

### FITNESS

- **GET FIT, RUN!** – Tuesdays, Thursdays and Fridays at 0700. Walk-in, no registration necessary. Group meets by the HAWC door inside of the field house. The outside door of the HAWC (on the east side of the building) will be locked so you must enter through the front of the gym to gain access. All fitness and running levels welcome.
- **Bod Pod Analysis**-By appointment, 402-294-5977. No eating, drinking or exercising two hours prior to test and you must wear tight clothing in the BOD POD. Examples are swimsuit/speedo, spandex, under-armor, boxer briefs, compression shorts, etc.
- **Fitness Consults**-By appointment, 402-294-5977
- **Tactical Fitness** - Functional fitness program [totactfit@gmail.com](mailto:totactfit@gmail.com)
- **Gait Analysis**- by appointment, 402-294-5977
- **PTL/UFPM Training**-Register through the COP, various times

### HEALTH

- **Energy Balance** - Second Thursday from 1300-1500. For weight loss. 402-294-5977
- **Tobacco Cessation** - Every Thursday @ 0800, except for the third Thursday @ 1500. This is a walk-in session, no need to sign up.
- **Better Bodies, Better Life.** Weight loss class geared toward Active Duty but open to all. This is a five week course and you can register by calling 402-294-5977 or through UFPM (in the COP).
- **Heart Healthy Class**- Fourth Thursday from 0930-1230. Register through disease managers or referral management-402-232-CARE.
- **BE WELL**-Every Wednesday from 0730-1030. This class is mandatory for fitness assessment failures. Members are automatically signed up after a failing score through the FAC (fitness assessment cell).

### NUTRITION

- **Intuitive Eating Symposium**-4 weeks, call 402-294-5977 to register
- **Diabetes Symposium**-Third Friday from 0930-1530. Register through disease managers or referral management-402-232-CARE.
- **Nutrition Consults**-Through medical referral for dependents or by appointment for Active Duty. Active Duty please call 402-294-5977 to make an appointment with the dietician.
- **Sports Nutrition and Supplements Class**- As requested (must have a group of 10 or more)
- **The Weight is Over** - Fourth Thursday @ 1530-walk-in healthy weight support group

**The HAWC staff gladly accepts invitations to speak at many different events on and off base. If you would like us to come speak about any of the topics above just give us a call at 402-294-5977 and we will be happy to serve you.**